



July • juli

International Convention: Last Chance to Register!



This is the last month to register for the 2014 International Convention and Innovative Leadership Conference. If you haven't thought about it yet, now is the time!

From August 20-24, 2014, members from throughout the organization will be converging on Jacksonville, FL, for Sons of

Norway's largest event. During this time delegates and guests will meet to discuss important issues for the organization, its progress over the past biennium and learn about important leadership topics.

In addition, don't forget that the deadline is soon approaching for the 2014 International Folk Art Exhibition & Competition! This is a great opportunity for artists to show off their art skills by exhibiting or competing your art in Sons of Norway's largest folk art event. Compete to earn a blue ribbon with your best piece of rosemaling, wood carving, knit mittens and more. Everyone who enters will receive a special certificate of participation. A People's Choice Award is presented to the crowd favorite while the Best in Show is given to the judges' unanimous top pick.

To register for the convention, Folk Art Exhibition & Competition, or the Innovative Leadership Conference, visit www.sonsofnorway2014.com. There you will find a link to download the registration form, which must be completed by all delegates and guests. This year's delegate package is \$299, which includes the President's Reception, Grand Banquet, all coffee breaks, and luncheons on both days of the lodge meeting. Guests can use the form to register for all convention events, or just the items of the most interest via an a la carte style menu of options. Also, if you'd rather register for the Innovative Leadership Conference only, you can do so in the same place. Registration fees are \$100 and that covers all costs for the day-long event, including materials and a special lunch. Questions about registering should be directed to Kent Larson at kmlmal@bellsouth.net.

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Innovative Leadership Conference: A Conference for All

There's only a month left to register for Sons of Norway's premier event dedicated to building stronger leadership skills among members! For the second convention in a row, Sons of Norway is bringing a top-flight leadership expert to our seminar to teach members about the practical application of leadership elements, conflict resolution, communication and teamwork and the ever-important subject of change management.

Over the course of the day-long event well-known professional speaker and trainer, Kit Welchlin will take attendees through four educational modules that will include both large group discussions and small group exercises.

The first module, dedicated to leadership will take the attendees through the Five Laws of Leadership and an exercise for developing your personal brand (see last month's Viking magazine). In addition, attendees will be part of a discussion on the top qualities of leadership and a section devoted to situational leadership.

Then, the next module will be dedicated to communication. This will be a great session that can help members learn how to communicate with non-members and increase recruitment.

In the first afternoon session, members will learn about conflict resolution. They will discover their own conflict styles and then learn how to adjust to others' conflict style, for effective resolution. The result of this session will be members learning how to use this information to help build unity and harmony in their lodge.

In the final session of the day, attendees will learn about the positive aspects of change and how to manage change for the benefit of their lodge. Lodges can benefit from this module because change is a fact of life and attendees can bring back tactics to help lodges grow and change in an effective and efficient way.

Remember, registration closes at the end of July, so don't wait to be part of this amazing opportunity! All you have to do is visit the official event website at www.sonsofnorway2014.com and click on the registration link. The cost of this daylong event is only \$100 and that covers all registration fees and related conference materials.

Foil-Baked Norwegian Salmon with Roasted Asparagus

Adapted from salmonfromnorway.com
Serves 4



- 4 5-6 oz Norwegian salmon fillets
- 4 sprig tarragon
- 3 tbsp extra virgin olive oil
- salt
- 4 tbsp butter
- 1 lemon
- ¾ lb asparagus
- pepper

Preheat oven to 375°F. Cut lemon into slices and set aside. Tear a 12" square section of foil. Lightly butter the center of the foil and place a single salmon fillet. Season with salt and pepper and top with a piece of butter, sprig of tarragon and slice of lemon. Fold sides of foil together to create a tightly sealed package. Repeat steps with the remaining fillets.

Wash asparagus and trim ends. Arrange in single layer in an oven-safe casserole dish and drizzle lightly with olive oil. Season with salt and pepper. (For added flavor, substitute salt and pepper for garlic salt and lemon pepper.)

Bake asparagus for 10-12 minutes and salmon fillets for 12-15 minutes or to desired temperature.



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Spielberg to Direct Dahl Book

The works of beloved Norwegian-British children's book author, Roald Dahl, have made for several successful film adaptations, including "Mathilda," "Charlie and the Chocolate Factory," "James and the Giant Peach" and "Fantastic Mr. Fox." In 2015 another

of Dahl's books, "The BFG" (The Big Friendly Giant) will receive the Hollywood treatment under the direction of Steven Spielberg and the writing of "E.T." screenwriter Melissa Mathison. "The BFG' has enchanted families and their children for more than three decades," said Spielberg in a statement. "We are honored that the Roald Dahl estate has entrusted us with this classic story."

Dahl's family is keen to see the story of a young orphan girl who befriends a friendly giant brought to life. Luke Kelly, grandson of Dahl and incoming managing director of the writer's literary estate, says "[we] are both delighted that Steven Spielberg will bring his inventive genius to directing the story of the BFG and that one of Roald's most beloved stories and characters will be brought to the screen in 2016 – a year when we will be celebrating Roald Dahl's centenary!"

Dahl's favorite amongst his own works, "The BFG" was originally published in 1982 and contains illustrations by Quentin Blake. In a humorous twist, Blake struggled to settle on the right style of shoes for the BFG to wear – in the end, Dahl sent him one of his own Norwegian sandals to inspire him. Today, the sandal is on display at the Roald Dahl Museum and Story Centre in the UK.

To learn more about the Roald Dahl, read *Viking* magazine's Nov. 2012 feature article titled "Fantastic Mr. Dahl."

Norway's Constitutional Language Receives Update

After debate among Norway's three largest political parties, a proposal has been reached and approved to modernize the Constitution. Originally drafted in an archaic version of *bokmål*, the proposal updates the text to a more widely used version of bokmål as well as introduces another copy in Norway's other official language, *nynorsk*. The last time the Constitution language was evaluated and changed was in 1903.

The updates were set into motion in 2012 by a Constitutional Language Committee appointed by Norwegian Parliament and tasked with creating a report on the viability of updating the document. The ultimate goal of the linguistic evaluation was to make the Constitution more popular and accessible, utilizing spelling, vocabulary and grammatical patterns that are more recognizable to modern readers.

The Conservatives (Høyre), Progress Party (Fremskrittspartiet, FrP) and the Labour Party (Arbeiderpartiet, Ap) previously had been at a stalemate, each supporting a different model for either changing the Constitution or leaving its language untouched. Amid concerns that uneven proposals would favor one of Norway's official languages over the other, agreement was eventually reached on a moderate bokmål update proposal provided by language professor Finn-Erik Vinje and a nynorsk proposal from law professor Hans Petter Graver.

"The decision will be historic," said Labour's Martin Kolberg, head of the parliamentary scrutiny and constitutional affairs committee. Nynorsk gets a status which it has never previously had."



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a little in English...

St. Olav's Day – July 29th

Why do we celebrate St. Olaf?

The main celebration of St. Olav's Day is on July 28th and 29th and in the Middle Ages it was common to begin the great festivals with a vigil.

St. Olav's Day is celebrated in memory of Olav Haraldson's death at the Battle of Stiklestad on July 29th, 1030. It was the last major battle of the great clashes for the Christianization of Norway. Olav was buried near Nidelva (river) and Olav's church (Nidaros Cathedral) was built on that spot. Shortly after the funeral major miracles began to happen at the grave. Olav the Holy was revered as a saint by people from all over Europe, and after his death pilgrims came from many different countries to attend Olav's mass at Nidaros Cathedral. Still today many pilgrims travel to Nidaros Cathedral where St. Olav's remains are kept.

St. Olav has been celebrated with great fanfare throughout Scandinavia and those celebrations continue today. In the old days, Olsok was celebrated in much the same way as Midsummer consisting of among other things, big bonfires. Festivities were particularly important in Norway during the Middle Ages, but Olsok celebrations have continued to be important long after the Reformation.

The largest of the festivals in Trondheim takes place every year at the end of July. Olsok derives its origins from Olav's wake – which in the Catholic tradition meant that one would sit by the dead and pray for them throughout the night. Even after the Reformation arrived in Norway, which abolished midnight mass and the worship of saints, Olsok was celebrated in the folk tradition as a feast day. The St. Olav Festival is Norway's biggest church and cultural festival and every year people can experience both national and international artists.

litt på norsk...

Olsok – 29. juli

Hvorfor feirer vi olsok?

Hovedmarkeringen av Olsok skjer døgnet 28.-29. juli og i Middelalderen var det vanlig å innlede de store høytider med en våkenatt.

Olsok feires til minne om Olav Haraldsons død i slaget på Stiklestad 29. juli 1030. Det var det siste store slaget om samlingen og kristningen av Norge. Olav ble begravet ved Nidelva og det ble bygget en Olavskirke på stedet. Kort tid etter begravelsen begynte store underer å skje ved graven. Olav den hellige ble dyrket som helgen av folk fra hele Europa etter sin død og pilegrimmer kom fra mange land til Olavsmessen i Nidarosdommen. Fortsatt går mange pilegrimmer til Nidarosdommen hvor Olav den helliges levninger nå blir oppbevart.

Olsok har vært feiret med brask og bram i hele Skandinavia og feires fortsatt. I gamle dager ble Olsok feiret omtrent på samme måte som Sankthans, blant annet med bålrenning. I Norge var feiringen spesielt viktig i middelalderen, men Olsokfeiringen fortsatte å være viktig lenge etter reformasjonen.

Den største av festivalene i Trondheim finner sted hvert år i slutten av juli. Olsok kommer av Olavsvake, som i katolsk tid innebar at en våket og ba tidebønner gjennom natta. Til tross for reformasjonens forbud mot å helligholde alle helgener og holde messer nattetid, holdt Olsok seg i den folkelige tradisjonen som festdag. Olavsfestdagene er Norges største kirke- og kulturfestival og hvert år kan man oppleve både nasjonale og internasjonale artister.

Sources:

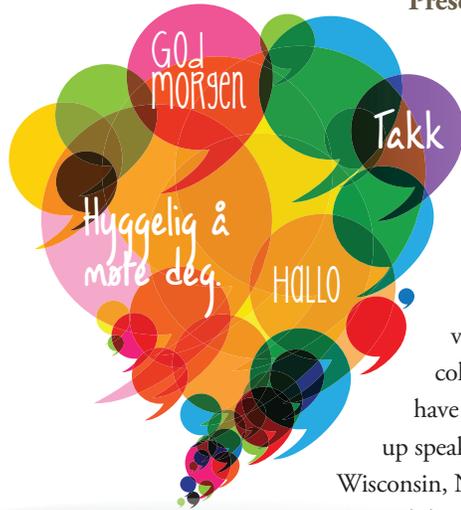
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Preserving the Norwegian-American language



Growing up with a secondary language in the home was a common occurrence for European immigrant families in the US in the early to mid 20th century. Most second generation Norwegian-Americans who grew up with immigrant parents speaking Norwegian in the home are now in their 70's, 80's and 90's. English is their primary language today but when the occasion arises they can switch to Norwegian at the drop of a hat.

"Their language was the dialect they grew up with and they had no ties to our modern Oslo vernacular," says Janne Bondi Johannesen, Professor at the University of Oslo. She and her colleagues from the Multilling (The Center for Multilingualism in Society across the Lifespan) have traveled the states recording the Norwegian learned by those Norwegian-Americans who grew up speaking in the home. Interviews have taken place in largely Norwegian immigrant regions such as Wisconsin, North Dakota and Washington. Norwegian-Americans interviewees speak fondly of childhood memories and days gone by.

However, this is not the first time Norwegian researchers have come to America for this reason. Johannesen and her staff recently came across an old storage chest in their Oslo building containing dusty recordings from a 1931 trip to America with the same purposes. They were documenting Norwegian dialects back in the 30's and today, nearly 100 years later Johannesen is asking the same questions, "First of all we can find out more about how language is altered when it encounters a more dominant language. What changes and what doesn't?"

These researchers are trying to figure out how the Norwegian language evolved in America. As Norwegian in Norway adapted with the times and adopted new dialects and words, the Norwegian language that was brought to the US with the rush of immigrants did not evolve in the same way. These video and audio recordings can reveal a lot about the development of the language in a society surrounded by English.

These Norwegian researchers are making it a point to preserve the language. It was not uncommon for 3rd generation Norwegian-Americans to not learn Norwegian at home. "The elderly who grew up with Norwegian as a solitary language often felt it tough when starting at an American school. This weighed in on their decision to only teach their children English," says Johannesen. But there is a new spark of cultural interest today. 4th generation Norwegian-Americans are taking advantage of travel and study abroad. Learning a second or third language is becoming more prevalent and worthwhile. But for those 2nd and 3rd generation Norwegian-Americans who can still speak the language, work is fervently being done to record and preserve that distinctive Norwegian immigrant language.

If you are interested in learning Norwegian, you can visit the Sons of Norway Members website, click on Norwegian Language and explore by reading and listening to the Norwegian Language Resources.



August • *august*

Construction Begins on Oslo's New National Museum



Slated to be one of the largest cultural buildings in Europe, Oslo's National Museum at Vestbanen began construction in late March. Filling an entire block formerly known as Vestbanen station—located near the Nobel Peace Prize Center—the goal of the museum project is to create a vital, national research and resource center for the visual arts. The museum will be home to art collections from The National Gallery, the National Museum of Art, Architecture and Design and the Museum of Contemporary Art.

“We hope that it will have the same effect as the opera did. It is meant to become a museum that people can feel proud of and identify with, even if they are not part of the so-called “cultural elite,” says, Audun Eckhoff, director of the National Museum. The new museum will also accommodate major international art exhibitions, welcoming exhibits that were not possible to display previously due to space and organizational constraints.

The museum will also experiment with displaying art in new and modern ways, such as utilizing digital tools. “The original works are the heart of every museum. Digital tools will not interrupt those who wish to have the pure, contemplative experience of art. However, we have an opportunity now to seize the options available to us. We do not want several technical gadgets that interrupt the experience, but stimulate the audience to experience the art in new ways,” Eckhoff told Aftenposten.

Completion of the building is scheduled for 2019.



To take a closer look at the plans for the building, be sure to check out these sources:

- Animation of the exterior design of the building
http://www.youtube.com/watch?v=F5_sxuz3zPc&list=UUK1CUOgpfjy-b7VmQ_RRiUw&index=7&feature=plpp_video
- Filmed opening address at the build site (in Norwegian)
<http://www.youtube.com/watch?v=KR1WZB5bA4M>
- Facebook page for the project
<https://www.facebook.com/prosjektinn?ref=hl>
- Project information page on Statsbygg.no
<http://statsbygg.no/Byggeprosjekter/Nasjonalmuseet/>



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Norway is Prime for More Wind Power

Norway takes renewable energy and green technology very seriously. They are constantly looking for new ways to taking advantage of their natural resources and produce new kinds of energy. Wind power in Norway accounts for less than 2% of the country's power production. Hydro power is Norway's main source of renewable energy. However, offshore wind power along Norway's topographical coastline has been called the perfect place to install wind turbines. But it's not as easy as one may think.

Hypothetically, Norway could generate three times more energy for the country than hydro does. It must be said then, that hydropower produces nearly 99% of Norway's yearly power production thanks to the hundreds of waterfalls found throughout the country. And Norway is the sixth largest hydropower producer in the world.

Professor Tore Undeland, researcher at the Department of Electrical Engineering at the Norwegian University of Science and Technology (NTNU) and the Norwegian Research Centre for Offshore Wind Technology (NOWITECH) says that, "Hydropower is cheaper than wind power, but most of Norway's hydropower resources are developed. If we want a greater share of renewable energy it must come from wind power." Undeland is examining offshore wind turbine generators in order to maximize their energy and best utilize their power. His studies make a strong argument for more wind power to be welcomed in Norway. "When it is windy

we can reduce the use of hydropower and keep the water in the reservoirs," he says.

However there are disadvantages; the cost of offshore turbine developments is extremely high. Anders Skonhoft, Professor of Economics at NTNU says that, "Many people who appreciate the environment must bear the costs and risks when untouched nature is destroyed. This is what I call the social costs of wind power development." As wind turbines arise so do environmental issues. Large bird species are being killed by spinning turbines and high-voltage cables. Studies show that eagle populations have decreased in Smøla, Norway following their wind farm development. It is important to remember that although these wind farms have good objectives they can be extremely dangerous apparatuses.

Norway has a lot to think about. Prime Minister Erna Solberg is making it a point to keep Norway ahead of the game in renewable energy. Just this year Solberg announced plans for the country to invest more of its \$840 billion sovereign wealth fund in renewable energy. Norway is working hard to meet its goal of reducing its greenhouse gas emissions 30% from its levels in 1990 by the year 2020. With this in mind wind power technology is looking mighty promising.

Sources:

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Science Nordic, <http://sciencenordic.com/wind-power-could-cover-norway%E2%80%99s-energy-needs-20-times>

Lingonberry Bars

*From The Norwegian
Kitchen by Kjell E. Innli*

- Scant 2 cups of flour
- $\frac{2}{3}$ cup sugar
- 1 tbsp baking powder
- Scant $\frac{2}{3}$ cup unsalted butter
- 1 egg
- $\frac{3}{4}$ cup lingonberry preserves

Topping:

- $\frac{2}{3}$ cup oatmeal
- 3 tbsp butter
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender. Add the egg and mix well. Spread into a greased 8x12" pan. Spread the preserves over the batter. Combine all ingredients for the topping and sprinkle over the batter. Bake 25-30 minutes, until golden. Cool in the pan.



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a little in English...

Norwegians Love to Travel

Summer is high season for families traveling. Nearly eight out of ten families who plan to go on vacation next year say they will be traveling in the summer. Six out of ten "empty nesters" with no children living at home say the same thing.

Tourism companies believe that around 300,000 Norwegians will travel to Greece, while 253,000 will travel to Turkey and 156,000 to Spain. Bulgaria can expect around 50,000 chartered guests, while Croatia gets around 25,000. "Norwegians love to travel. Statistics from Avinor (The Norwegian airport network) show that Oslo Airports had a record number of foreign trips in July last year, in spite of the finest summer in living memory," says Marketing and Communications Director Lena Petersson of Star Tour.

"We have a trend in Norway where we buy us all sorts of services, from cleaning the house to walking the dog. Well, so too with traveling. Many people prefer to buy ready-made travel arrangements so they can tailor the trip based on their individual needs. Having to arrange everything oneself not only takes a lot of time, it also involves the risk of being scammed. That disappears when a tour operator does the job," says Petersson.

Star Tour is one of the largest tour operators with 360,000 travelers annually. According to the Norwegian Customer Barometer, Star Tour has the most satisfied customers, both in terms of customer satisfaction and customer loyalty.

"In the Norwegian market, we now see an increasing demand for travel that can give people more unique experiences. Therefore, it is not enough just to offer sun around the Mediterranean, now people want to lay on a yacht for a vacation in the Caribbean, have an exotic trip to Kenya or choose an exclusive trip in Mauritius," says Petersson.

Norwegians are traditional in the choice of destination. Chartered trips are most popular in Spain (Mallorca), Greece (Crete/Rhodes) and Turkey (Alanya /Antalya). The economic situation in Greece is not enough to keep Norwegians away from their favorite destination and Greece will get a good growth in visitors from Norway this summer. And they don't travel alone, being with friends and/or family on vacation is the most important.

Petersson believes the desire to travel will continue. "Many people take two or three trips during the year and we travel more the older we get," she said.

litt på norsk...

Nordmenn elsker å reise

Sommeren er høysesong for barnefamilier på tur. Nærmere åtte av ti barnefamilier som planlegger ferie til utlandet neste år, sier de skal reise til sommeren. Seks av ti uten hjemmeboende barn sier det samme.

Reiseselskapet mener at rundt 300.000 nordmenn vil reise til Hellas, mens 253.000 vil reise til Tyrkia og 156.000 til Spania. Bulgaria kan forvente rundt 50.000 chartergjester, mens Kroatia får rundt 25.000. – Nordmenn elsker å reise. Statistikk fra Avinor viser at Oslo Lufthavn hadde rekord i antall utenlandsreiser i juli i fjor, og det til tross for den flotteste sommeren i manns minne, sier markeds- og kommunikasjonsdirektør Lena Petersson i Star Tour.

"Vi har jo en utvikling i Norge hvor vi kjøper oss alle slags tjenester, fra å vaske huset til å luften hunden. Så også med reiser. Svært mange foretrekker å kjøpe ferdige reiseopplegg som de kan tilpasse etter eget individuelt behov. Å skulle fikse alt selv tar ikke bare mye tid, det innebærer også en risiko for å bli lurt, den forsvinner hvis en reisearrangør gjør jobben," sier Petersson.

Star Tour er en av Norges største turoperatører med 360.000 reisende årlig. I følge Norsk Kundebarometer har Star Tour Norges mest fornøyde kunder, både når det gjelder kundetilfredshet og kundelojalitet.

"I det norske markedet ser vi nå en stadig økende etterspørsel etter reiser som kan gi folk mer ulike opplevelser. Derfor holder det ikke bare å by på sol og varme rundt Middelhavet, nå vil folk for eksempel legge ut på yacht-ferie i Karibia, ha en eksotisk tur til Kenya eller velge seg en eksklusiv ferie på Mauritius," sier Petersson.

Nordmenn er tradisjonelle når det gjelder valg av reisemål. Chartertoppene er Spania (Mallorca), Hellas (Kreta/Rhodos) og Tyrkia (Alanya/Antalya). Den økonomiske situasjonen i Hellas holder ikke nordmenn borte fra dette favorittreisemålet, Hellas vil få en god vekst i besøkende nordmenn i sommer. Og di gjør det ikke alene, for det å være sammen med venner og/eller familie i ferien er det viktigste.

Petersson tror reiselysten vil fortsette. – Nordmenn vil fremdeles ligge på Europa-toppen i utenlandsferier. Mange tar både to og tre turer i løpet av året og vi reiser mer jo eldre vi blir, sier hun.

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